

St Angela's Ursuline Rise Up Overview- 2023/24

Year 7 2023/24 Rise Up Day Overview

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
Tuesday 5th September	Day 1 - Health and wellbeing: <i>how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing</i>				
	Form Time Activities	Tour/ Planner	Tour/ Planner	Keeping Myself Healthy	Gender Stereotypes
Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
Monday 2nd and 16th October	Scams	Saving	Rule of Law	Equality Act 2010	USP
Tuesday 7th and 21st November	Day 3- Health and wellbeing- Drugs, alcohol and tobacco- Personal safety <i>RSE: Internet safety and harms</i> <i>BV: Law</i>				
	Mental Health	Online Safety	Road Safety	Tobacco	USP
Wednesday 6th and 20th March	Day 4- Relationships <i>The importance of stable, committed relationships, including the rights and protections provided within legally recognised marriages and civil partnerships and the legal status of other long-term relationships</i>				
	Relationships- Healthy and Unhealthy	Relationships and Marriage	Keeping my Mind Safe	Period poverty	USP
Thursday 2nd and 16th May	Day 5- Health and wellbeing / Living in the wider society <i>RSE: Law</i> <i>RSE: how to make a clear and efficient call to emergency services if necessary.</i> <i>RSE: the benefits of regular self-examination</i>				

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
	<i>RSE: about dental health and the benefits of good oral hygiene</i>				
	Sleep	Emotional Wellbeing	Oral Health	Basic First Aid	USP
Friday 28th June	Day 6 - Health and Wellbeing - Well Being Activities Day				
	Sponsored walk	Planned to weather	Planned to weather	Planned to weather	Planned to weather

Year 8 2023/24 Rise Up Day overview

Date/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
Tuesday 5th September	Day 1 - Health and wellbeing: <i>how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing</i>				
	Form Time activities	Mindfulness	Resilience	Peer Pressure	USP
Monday 2nd and 16th October	Day 2 - Living in the wider world: <i>Financial choices</i>				
	Gambling	Credit and Debt	Budgeting	Prevent	USP
Tuesday 7th and 21st November	Day 3- Health and wellbeing- Drugs, alcohol and tobacco- Personal safety <i>RSE: Internet safety and harms</i> <i>BV: Law</i>				

Date/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
	Cyberbullying	Smoking vaping and other drugs	Personal Hygiene	What is HPV?	USP
Wednesday 6th and 20th March	Day 4- Relationships <i>The importance of stable, committed relationships, including the rights and protections provided within legally recognised marriages and civil partnerships and the legal status of other long-term relationships</i>				
	Safety in online Relationships	Respectful Relationships	Managing Conflict in Relationships	Music supporting my wellbeing	USP
Thursday 2nd and 16th May	Day 5- Living in the wider society <i>RSE: Careers</i> <i>RSE: how to make a clear and efficient call to emergency services if necessary.</i> <i>RSE: the benefits of regular self-examination</i> <i>RSE: about dental health and the benefits of good oral hygiene</i>				
	Being an Active Citizen	Goal Setting	First Aid - Basic Life support	First Aid -Choking	USP
Friday 28th June	Day 6- Activities day				
	Sponsored walk	Planned to weather	Planned to weather	Planned to weather	Planned to weather

Year 9 2023/24 Rise Up Day Overview

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
Tuesday 5th September	Day 1 - Health and wellbeing: <i>how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing</i>				
	Form Time activities	Building positive and forgiving relationships	Eating well and staying healthy	Enterprise	Social media and relationships
Monday 2nd and 16th October	Day 2 - Living in the wider world: <i>Financial choices</i>				
	Hate Crime	Modern Day Slavery	What is Cannabis?	Prevent	USP
Tuesday 7th and 21st November	Day 3- Health and wellbeing- Drugs, alcohol and tobacco- Personal safety <i>RSE: Internet safety and harms</i> <i>BV: Law</i>				
	Careers Fair/ Future Careers	Careers Fair/ Future Careers	EconoME session/ What influences my financial choices	EconoMe/ Financial consequences	USP
Wednesday 6th and 20th March	Day 4- Relationships <i>The importance of stable, committed relationships, including the rights and protections provided within legally recognised marriages and civil partnerships and the legal status of other long-term relationships</i>				
	Social justice and human rights	Puberty and managing emotions with relationships	Parenthood	Consent	USP

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
	Theatre in Education show <i>Pressure Drop</i>				
Monday 13th May	Prison Me No Way				
Thursday 2nd and 16th May	Day 5- Health and wellbeing / Living in the wider society <i>RSE: Law</i> <i>RSE: how to make a clear and efficient call to emergency services if necessary.</i> <i>RSE: the benefits of regular self-examination</i> <i>RSE: about dental health and the benefits of good oral hygiene</i>				
	Online Safety (Grooming)	FGM	Protected Characteristics	Body confidence	USP
Friday 28th June	Day 6 - Health and Wellbeing - Well Being Activities Day				
	Sponsored walk	Planned to weather	Planned to weather	Planned to weather	Planned to weather

Year 10 2023/24 Rise Up Day Overview

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
Tuesday 5th September	Day 1 - Health and wellbeing: <i>how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing</i>				
	Form Time Activities	Preparing for GCSEs	Study Skills	Sleep	Motivational Talk

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
Monday 2nd and 16th October	Day 2 - Living in the wider world: <i>Financial choices</i> <i>Wellbeing - drugs</i>				
	First Aid- Bleeding	Addiction, mental health & unhealthy behaviours	Careers: job seeking	Careers: Applications & Workplace professionalism	USP
Tuesday 7th and 21st November	Day 3- Health and wellbeing- Drugs, alcohol and tobacco- Personal safety <i>RSE: Internet safety and harms</i> <i>BV: Law</i>				
	County Lines	Sex'ting	Abusive Relationships	Online presence peer pressure & drugs	USP
	Jack Petchy speak out workshop for 30 students - book drama studio (all Day)		Jack Petchy speak out workshop for 30 students - book drama studio (all Day)		
Wednesday 6th and 20th March	Day 4- Living in the wider world: <i>Financial choices</i>				
	Work experience	Work experience	Work experience reflection	Careers for positive change/ Future careers-	USP
Thursday 2nd and 16th May	Day 5- Relationships <i>The importance of stable, committed relationships, including the rights and protections provided within legally recognised marriages and civil partnerships and the legal status of other long-term relationships</i>				
Health and wellbeing / Living in the wider society <i>RSE: Law</i> <i>RSE: how to make a clear and efficient call to emergency services if necessary.</i>					

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
	<i>RSE: the benefits of regular self-examination</i> <i>RSE: about dental health and the benefits of good oral hygiene</i>				
	Contraception	Conflict management	Fertility	USP	
			STDs Talk	STDs Talk	STDs Talk
Friday 28th June	Day 6 - Health and Wellbeing - Well Being Activities Day				
	Sponsored Walk	Planned to weather	Planned to weather	Planned to weather	Planned to weather

Year 11 2023/24 Rise Up Day Overview

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
Tuesday 5th September	Day 1 - Health and wellbeing: <i>how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing</i>				
	Form Time Activities	Well Being	Trust	Speed Dating	USP
Monday 2nd and 16th October	Day 2 - Living in the wider world: <i>Financial choices</i>				
	Budgeting	Life Skills Company	Financial Literacy	Consumer Rights	USP
	Life Skills Company	Budgeting			

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
Tuesday 7th and 21st November	Day 3- Health and wellbeing- Drugs, alcohol and tobacco- Personal safety <i>RSE: Internet safety and harms</i> <i>BV: Law</i>				
	Addiction and Drug Abuse	Ethical Dilemma & Smoking	Mental Health & Change	Radicalisation	USP
Wednesday 6th and 20th March	Day 4- Relationships <i>The importance of stable, committed relationships, including the rights and protections provided within legally recognised marriages and civil partnerships and the legal status of other long-term relationships</i>				
	Healthy Intimate Relationships	Revenge porn	Pornography	What is Consent?	USP
Thursday 2nd and 16th May	Day 5- Health and wellbeing / Living in the wider society <i>RSE: Law</i> <i>RSE: how to make a clear and efficient call to emergency services if necessary.</i> <i>RSE: the benefits of regular self-examination</i> <i>RSE: about dental health and the benefits of good oral hygiene</i>				
	First Aid - Bleeding	Let's talk about anxiety	Examination period		
Friday 28th June	Day 6 - Health and Wellbeing - Well Being Activities Day				
	Examination period				

Year 12 2023/24 Rise Up Day Overview

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
Tuesday 5th September	Day 1 - Health and Wellbeing: <i>how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good Health and wellbeing</i>				
	Retreat	Retreat	Retreat	Retreat	Retreat
Monday 2nd and 16th October	Day 2 - Living in the wider world: <i>Financial choices</i>				
	Skills Building	Work and pay	University Life	Money and Mental Health	USP
Tuesday 7th and 21st November	Day 3- Health and wellbeing- <i>Personal safety</i> <i>RSE: Internet safety and harms</i> <i>BV: Law</i>				
	Digital Footprint	Radicalisation	Safety Abroad	Alcohol/Cannabis	USP
Wednesday 6th and 20th March	Day 4- Relationships <i>RSE: the facts about reproductive health, including fertility,</i> <i>RSE:the facts about the full range of contraceptive choices</i>				
	Mental Health	Addiction	Consent	Sexual Harassment	USP
Thursday 2nd and 16th May	Day 5- Health and wellbeing / Living in the wider society <i>RSE: Law</i> <i>RSE: how to make a clear and efficient call to emergency services if necessary.</i> <i>RSE: the benefits of regular self-examination</i> <i>RSE: about dental health and the benefits of good oral hygiene</i>				

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
	Sleep	Self Examination	Examination period		
Friday 28th June	Day 6 - Health and Wellbeing - Well Being Activities Day				
	Sponsored Walk	Planned to weather	Planned to weather	Planned to weather	Planned to weather

Year 13 2023/24 Rise Up Day Overview

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
Tuesday 5th September	Day 1 - Health and wellbeing: <i>how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing</i>				
	Visit Day	Visit Day	Visit Day	Visit Day	Visit Day
Monday 2nd and 16th October	Day 2 - Living in the wider world: <i>Financial choices</i>				
	Fake News	Interviews and Employability	UCAS	UCAS	USP
Tuesday 7th and 21st November	Day 3- Health and wellbeing- <i>Personal safety</i> <i>RSE: Internet safety and harms</i> <i>BV: Law</i>				
	Staying Safe at University	Organ Donation	Recreational Drugs	Pornography	USP

Dates/ Sessions	Session 1	Session 2	Session 3	Session 4	Session 5
Wednesday 6th and 20th March	Day 4- Relationships <i>RSE: the facts about reproductive health, including fertility,</i> <i>RSE:the facts about the full range of contraceptive choices</i>				
	Sexuality	Law and Order	STDs	First Aid	USP
Thursday 2nd and 16th May	Day 5- Health and wellbeing / Living in the wider society <i>RSE: Law</i> <i>RSE: how to make a clear and efficient call to emergency services if necessary.</i> <i>RSE: the benefits of regular self-examination</i> <i>RSE: about dental health and the benefits of good oral hygiene</i>				
	Politics	USP	Examination period		
Friday 28th June	Day 6 - Health and Wellbeing - Well Being Activities Day Examination period				